

FREE!!!

# Palau Community College



# MESEKIU'S NEWS



Friday, November 13, 2015

Weekly Newsletter

Volume 17, Issue 46

## Guest Speakers from Japan Hold NCD Lectures at PCC



*Japanese guest speakers meeting with students from the HI-159 Class*

Over a three-day period, five (5) guest speakers from Japan held lectures at Palau Community College (PCC) regarding non-communicable diseases (NCDs). The guest speakers met with students from the HI-159: World Civilization Class to conduct surveys as well as group discussions relating to NCDs in Palau. The students participated in the lectures as a part of their instruction about the evolution of food processing & development and how it has affected the formation of civilizations. HI-159 is taught by Instructor Loyola B. Darius.

The guest speakers were Associate Professor Dr. Takashi Mita (Institute for Academic Initiatives under Osaka University), Associate Professor Dr. Yoshihisa Hirakawa (Department of Public Health and Health Systems under the Nagoya University Graduate School of Medicine), Assistant Professor Dr. Chifa Chiang (Department of Public Health and Health Systems under Nagoya University School of Medicine), Mizuki Sata (Department of Social and Environmental Medicine of Osaka University Graduate School of Medicine), and Professor Dr. Yukiko Hasebe (Department of Nutritional Science at Nayoro City University). JAPAN, CONTINUED ON PAGE 2

### UNESCO Officials Visit PCC

Satoko Yano and Mark Manns from the United Nations Educational, Scientific and Cultural Organization (UNESCO) paid a visit to Palau Community College (PCC) on Wednesday, November 04, 2015. They met with PCC President Dr. Patrick U. Tellei to discuss the upcoming accreditation visits scheduled for February/March of next year. PCC President Dr. Tellei also shared with the visitors information about the college as well as the official college factbook. The visitors were accompanied by Aileen Mikel, an Education Specialist from the Palau Ministry of Education. Ms. Yano is a Programme Specialist for UNESCO and Mr. Manns is a UNESCO Research Assistant. The two were visiting Palau to assess the efforts of the Ministry of Education to plan and renew the Strategic Plan beyond 2016.



*(left to right): Aileen Mikel from the Ministry of Education, UNESCO Research Assistant Mark Manns, UNESCO Programme Specialist Satoko Yano, and PCC President Dr. Patrick U. Tellei*

*Palau Community College is an accessible public education institution helping to meet the technical, academic, cultural, social, and economic needs of students and communities by promoting learning opportunities and developing personal excellence.*

## Upward Bound Program Orientation



*Upward Bound Project Assistant Director Hellen Imanuel (standing at podium) and Counselor Debra Ngiraingas discussing the program with the high school students*

The Upward Bound Program held an orientation session for its participants on Friday, November 06, 2015. Students from the local high schools attended the session to learn more about the Upward Bound classes, workshops, and related program information. Upward Bound Program Director Kuye Belelai, Upward Bound Assistant Project Director Hellen Imanuel, and Upward Bound Counselor Debra Ngiraingas were present to provide the students with the necessary information as well as answer questions they have about the program.

The orientation session opened with remarks from Program Director Belelai. Assistant Project Director Imanuel followed with an overview of the program's requirements, schedules, and conduct policy. Students were reminded that they were required to attend workshops as well as focus on their schoolwork during study periods. They were also reminded that it is important to show proper respect to one another, especially to the staff & counselors at the Upward Bound Program Office. Counselor Ngiraingas was also on hand to answer questions that the students had regarding their stipend, classes, etc.

Students participating in the program are required to attend tutoring sessions, counseling sessions, and workshops that are designed to improve their learning skills (such as time management and study habits).

In total, 110 high school students are participating in the Upward Bound Program from the local high schools including Palau High School, Palau Mission Academy, Mindszenty High School, Emmaus High School, Bethania High School, and Modekngai High School. UPWARD, CONTINUED ON PAGE 3

## PNCC Donates Airtime as Prizes



*PCC student Sky F. Meltel (left) receiving donation from PNCC Sales Account Executive Pamela E. Anastacio (right)*

In support of the upcoming Thanksgiving Endowment Fundraiser of Palau Community College (PCC), the Palau National Communications Corporation (PNCC) donated twenty (20) pre-paid mobile cards (airtime). It was presented by PNCC Sales Account Executive Pamela E. Anastacio and received on behalf of the college by PCC student Sky F. Meltel. The college would like to thank PNCC for its generous donation.

## Japan CONTINUED FROM PAGE 1

According to the guest speakers, the ratio of Palau's population and the number of its patients suffering from NCDs is higher than Japan's ratio, a country with a higher population. This comparison shows how poor health habits in Palau can lead to health risks that deter the overall well-being of the island's community.

The guest speakers taught the students about the importance of health evaluation through weight management, eating habits, and exercise routines. They suggested that the students maintain their weight through habits such as counting calories, taking note of the type of foods they eat, and eating in smaller portions. Students were also encouraged to omit certain foods from their diet such as canned food and drinks with high concentrations of sugar.

By conducting surveys and group discussions with the young people of Palau, the guest speakers from Japan hoped to gauge the health habits of Palau as well as promote good habits with its younger generation.

# BITS AND PIECES...

## Tan Siu Lin PCC Library

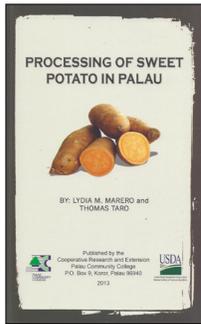
### Hours of Operation

**Monday to Thursday** 7:30<sup>AM</sup> - 7<sup>PM</sup>  
**Friday** 7:30<sup>AM</sup> - 5<sup>PM</sup>  
**Saturday** 9<sup>AM</sup> - 6<sup>PM</sup>  
**Sunday** CLOSED

For more information, call:  
488-3540

### AVAILABLE TO INTERESTED READERS:

**PROCESSING OF SWEET POTATO IN PALAU**  
 BY DR. LYDIA MARERO AND THOMAS TARO



"Processing of Sweet Potato in Palau provides recipes derived from locally grown sweet potatoes, especially for value-added processed food products. Development of processed sweet potato food products will ensure a stable supply that will provide food security in Palau."

### Academic Calendar: Fall 2015

**December 04 (F)**  
Last Day of Instruction

**December 07-09 (M-W)**  
Final Examination Period

**December 14 (M)**  
Grades Due

### News/Stories Wanted

Mesekiu's News welcomes stories/articles/announcements from students, faculty, and staff. Submission deadline is Wednesday at 4:30 p.m. in hard and/or electronic copies to [tchuziet@palau.edu](mailto:tchuziet@palau.edu) or [tchuziet@gmail.com](mailto:tchuziet@gmail.com).

Articles from MOC/PCC Alumni are also welcomed.

Please call 488-2470/2471 (extensions 251, 252, or 253) for more information.

## Upward CONTINUED FROM PAGE 2

The Upward Bound Program provides fundamental support and opportunities for high school students who seek to succeed in their pre-college performance and ultimately their higher education endeavors. Its goal is to increase the rate at which its participants complete their secondary education and enroll in or graduate from institutions of higher education.



The high school freshmen participants of the Upward Bound Program



The high school sophomore participants of the Upward Bound Program



The high school junior participants of the Upward Bound Program



The high school senior participants of the Upward Bound Program

## 2015 PCC THANKSGIVING ENDOWMENT FUNDRAISER!



"Palau Community College is an accessible public educational institution helping to meet the technical, academic, cultural, social, and economic needs of students and communities by promoting learning opportunities and developing personal excellence."

### 2015 THANKSGIVING ENDOWMENT FUNDRAISING EVENT

#### An Annual Palau Community College (PCC) Event

The Endowment Fund is a critical component of the Fifteen-Year (15) Institutional Master Plan (2009-2020) of Palau Community College. The goal is to raise \$10,000,000 by 2020. Palau Community College will ensure that Palau's only institution of higher learning continues to provide post-secondary education and career & technical training that meets the needs of Palau as well as the Micronesian region.

The National Government of Palau, in support of the PCC Endowment Fund, enacted RPPL 4-36 stating that financial contributions to PCC by individual employees are refundable up to 10% of the taxes paid by the employee in that tax year. This has enabled the College to garner the support of hundreds of employees in the public and private sector to help build the endowment fund.

"Show your support by purchasing a \$10 Raffle Ticket! Help Palau's only institution of higher learning continue to provide the much needed academic programs & training that will help sustain the future of our islands."

**date: Wednesday, November 25, 2015**  
**place: Mesekiu Bai - PCC Courtyard**  
**time: 11AM - 5PM**

Contact the PCC Development Office at (tel): 488-2470/2471 ext. 251, 252, or 253 for more information regarding the upcoming 2015 Palau Community College (PCC) Thanksgiving Endowment Fundraiser.

## PCC CAMPUS PROFILES

### THOMPSON MURITOK

PRESIDENT - CHUUK STUDENT ORGANIZATION

*"While you are here, away from home, don't forget to take care of yourself."*



Thompson Muritok was recently elected by the Chuukese student body of Palau Community College (PCC) as the President of the Chuuk Student Organization. He is a second-year student completing his Associate of Applied Science (AAS) Degree studies in the field of Air-Conditioning & Refrigeration. As a student body representative, Mr. Muritok would like to proudly represent his home island and encourage his fellow Chuukese students to achieve success at PCC through their studies. Mr. Muritok is from Fefen, Chuuk of the Federated States of Micronesia (FSM). He is a graduate of Chuuk High School.

## ALUMNI NOTES

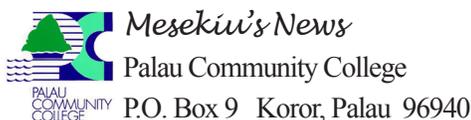
### MARIAH K. KUAL

(Class of 2014)  
ASSOCIATE OF ARTS - LIBERAL ARTS

*"Have fun but don't let your friends distract you from your goals. Always follow your dreams!"*



Mariah graduated from PCC in 2014 with an AA Degree in Liberal Arts. Currently, she is continuing her studies at the University of Guam (UOG).



**ALUMNI NOTES** showcases MOC & PCC alumni who are positive role models and contribute to the quality of life in their local communities.

If you are that Alumna/Alumnus or know someone who is, please contact the PCC Development Office at telephone numbers 488-2470/2471 (extensions 251, 252, or 253).

We would like to feature you in future *Mesekiu's News* issues.

## Associated Students of Palau Community College (ASPCC)

### SPIRIT WEEK

from November 23-25, 2015

#### PIE DAY



Monday  
November 23, 2015

As the semester comes to an end, let off some steam by participating in the pieing of your least favorite (or favorite) instructor at Palau Community College (PCC)! On Monday, November 23, 2015 each instructor will be assigned a donation box. Students will have to opportunity to select an instructor to be pied (the instructor whose box receives the most donation will be pied). Participate by donating a dollar (\$1) or more to have an instructor pied!

Attend your classes as your favorite superhero, movie character, or a random mixture of all your favorite things. Enjoy a day where you can be anything or anyone else!

#### COSTUME DAY



Tuesday  
November 24, 2015

#### FORMAL DAY



Wednesday  
November 25, 2015

On Formal Day, ASPCC invites the student body to dress their best! Wear your suit & tie or your little black dress with heels. ASPCC will also be hosting a Thanksgiving Dinner for the students on the night of Wednesday, November 25, 2015. All are welcomed to dress their best and enjoy the atmosphere.

### Celebrating Birthdays

Leilanie Rechelluul	November 13
Hulda Lukas	November 13
Deidre E. Yamanguchi	November 13
Vernice Rechebei	November 14
Samantha L. Rechelluul	November 14
Isumechraard K. Ngirairiki	November 15
Shelley R. Ueki	November 15
Pauline Jerry	November 16

**HAPPY BIRTHDAY!**

### VACANCY ANNOUNCEMENT

- (1) Instructional Assistant - Construction Technology  
(Academic Affairs Division)  
salary range: \$8,991 - \$15,378 per annum
- (2) Nursing Instructor  
(Academic Affairs Division)  
salary range: \$16,010 - \$28,280 per annum
- (3) Adjunct Instructors  
(Academic Affairs Division)  
salary range: determined by class credits, educational level, and experience.
- (4) Admissions Counselor  
(Student Services Division)  
salary range: \$12,049 - \$20,607 per annum
- (5) Math Instructor  
(Academic Affairs Division)  
salary range: \$16,010 - \$28,280 per annum
- (6) Science Instructor  
(Academic Affairs Division)  
salary range: \$16,010 - \$28,280 per annum
- (7) Social Science/Humanities Instructor  
(Academic Affairs Division)  
salary range: \$16,010 - \$28,280 per annum
- (8) Air-Conditioning & Refrigeration Instructor  
(Academic Affairs Office)  
salary range: \$16,010 - \$28,280 per annum

For application forms and information, contact Harline Haruo at the PCC Human Resources Office at 488-2470/2471 extension 227, or e-mail: [hr@palau.edu](mailto:hr@palau.edu), or download forms at <http://pcc.palau.edu>.

"PCC is an Equal Opportunity Employer."

## PCC Endowment Fund

### INVEST IN THE FUTURE

OF OUR STUDENTS, OUR COLLEGE, AND OUR NATION

To SUPPORT, CONTACT US TODAY!

P.O. BOX 9 Koror, Palau 96940

Phone: 488-2470/2471 (ext. 251/253)

e-mail: [tellei@palau.edu](mailto:tellei@palau.edu)

If you want to join the Bi-Weekly Allotment Program, contact us NOW!

### FIND PCC ONLINE FOR MORE INFORMATION



<http://pcc.palau.edu>



Palau Community College - PCC

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